



Bahirji Smarak Mahavidyalaya

Basmathnagar

Mental Health & Wellness Club



Proposed Activity Calendar (Academic Year 2026–27)

Vision:

To promote mental well-being, emotional resilience, and a positive campus environment that supports the holistic development of students.

Mission:

To create awareness about mental health, reduce stigma, encourage help-seeking behaviour, and foster emotional wellness through preventive, promotive, and supportive activities.

Proposed Annual Activity Calendar

Month	Proposed Activity	Objectives
June 2026	Formation of Mental Health & Wellness Club and Orientation Programme	To introduce the club, its objectives, and annual action plan
July 2026	Mental Health Awareness Lecture: <i>"Understanding Mental Well-being"</i>	To create awareness about mental health and emotional wellness
August 2026	Yoga, Meditation and Mindfulness Workshop	To promote stress management and healthy lifestyle practices
September 2026	Suicide Prevention and Emotional Resilience Awareness Programme (World Suicide Prevention Day – 10 September)	To encourage help-seeking behaviour and emotional resilience
October 2026	World Mental Health Day Celebration (10 October) – Expert Talk and Counseling Session	To reduce stigma and promote positive mental health
November 2026	Stress Management and Examination Anxiety Workshop	To help students cope with academic stress and examination pressure
December 2026	Happiness, Gratitude and Positive Thinking Programme	To cultivate optimism, emotional balance, and healthy relationships



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January 2027	Personality Development and Life Skills Workshop	To improve self-confidence, communication, and decision-making skills
February 2027	Peer Support and Mental Wellness Campaign	To develop peer mentoring and emotional support among students
March 2027	Healthy Lifestyle, Sleep Hygiene and Nutrition Awareness Programme	To educate students about the relationship between physical and mental health
April 2027	Counseling, Feedback Session and Mental Wellness Assessment	To review students' well-being and identify support needs
May 2027	Annual Review Meeting and Preparation of Activity Report	To evaluate club activities and plan future initiatives

Special Activities Throughout the Year

- 1. Individual and Group Counseling Sessions.**
- 2. Monthly Yoga and Meditation Sessions.**
- 3. Mindfulness and Relaxation Exercises.**
- 4. Peer Mentoring and Student Support Groups.**
- 5. Mental Health Screening and Referral Services (where required).**
- 6. Stress-Free Examination Campaign.**
- 7. Awareness on Substance Abuse Prevention.**
- 8. Digital Well-being and Responsible Social Media Use Programme.**
- 9. Art Therapy, Music Therapy, and Creative Expression Activities.**
- 10. Parent Awareness Sessions on Student Mental Health.**
- 11. Faculty Sensitization Programme on Student Mental Well-being.**
- 12. Celebration of Mental Health Awareness Week.**



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Celebration of Important Days

Date	Programme
21 June 2026	International Yoga Day
10 September 2026	World Suicide Prevention Day
10 October 2026	World Mental Health Day
14 November 2026	Children's Day Emotional Well-being Activities
12 January 2027	National Youth Day
8 March 2027	International Women's Day Women's Mental Health Awareness
7 April 2027	World Health Day

Expected Outcomes

- **Increased awareness and understanding of mental health issues.**
- **Reduced stigma associated with mental illness and counseling.**
- **Improved emotional resilience and stress management among students.**
- **Enhanced self-confidence, communication, and life skills.**
- **Better academic performance through improved mental well-being.**
- **Strong peer support system and positive campus environment.**
- **Increased utilization of counseling and wellness services.**
- **Promotion of a healthy, inclusive, and emotionally supportive institutional culture.**

Documentation to be Maintained

- **Annual Activity Plan**
- **Attendance Registers**
- **Programme Reports with Photographs**
- **Expert Lecture and Workshop Records**
- **Counseling and Referral Records (maintaining confidentiality)**
- **Student Feedback Forms**
- **Minutes of Meetings**
- **Annual Activity Report**
- **Newspaper Clippings and Social Media Documentation**
- **Certificates and Appreciation Records**